Clinical Trial Protocol
Iranian Registry of Clinical Trials

17 Sep 2026

The effect of family-centered interactive education through internal social network on lifestyle and happiness in patients with acute coronary syndrome in hospitals affiliated to Shahid Sadooghi University of Medical Sciences in Yazd in 2018-19

Protocol summary

Study aim

The effect of family-centered interactive education through internal social network on lifestyle and happiness in patients with acute coronary syndrome in hospitals of Yazd university of medical sciences in 2018.

Design

A clinical trial, the research community is ACS patients referring to the in hospitals of Yazd University of Medical Sciences in 2018-19. the research sample is 96 patients who are divided in to control and intervention groups patients.

Settings and conduct

The researcher is referring to the in hospitals of Yazd University of Medical Sciences. Available samples are selected according to inclusion and exclusion criteria.

Participants/Inclusion and exclusion criteria

The inclusion criteria for patient :diagnosis of ACS by a cardiologist,>21 years of age,having access to a personal or family mobile phone, being able to read and write and being familiar with Farsi.The inclusion criteria for patient's family :having access to a third person who can type and read the text messages for them and being able to do the daily activities,having access to a personal or family mobile phone,being familiar with Farsi.The exclusion criteria for patient :changing their mobile phone number and not informing the researcher, having any recognized mental illness or intellectual disabilities and motor,encountering physical and mental problems resulting in disability at any stage of the research.The exclusion criteria for patient's family:Disability and old age, Unfamiliar with the Persian language in reading and writing,The lack of a proper relationship with the patient.

Intervention groups

1-Intervention group: education through internal social network.2-Control group: Receive routine nursing care during discharge.

Main outcome variables

Lifestyle, happiness.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20160914029817N7**
Registration date: **2018-12-17, 1397/09/26**
Registration timing: **registered_while_recruiting**

Last update: **2018-12-17, 1397/09/26**
Update count: **0**

Registration date

2018-12-17, 1397/09/26

Registrant information

Name

Esmat Nuhi

Name of organization / entity

Kerman University of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 34 3132 5220

Email address

e_nuhi@kmu.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2018-12-06, 1397/09/15

Expected recruitment end date

2019-03-06, 1397/12/15

Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
The effect of family-centered interactive education through internal social network on lifestyle and happiness in patients with acute coronary syndrome in hospitals affiliated to Shahid Sadooghi University of Medical Sciences in Yazd in 2018-19

Public title
The effect of family-centered interactive education through internal social network on lifestyle and happiness in patients with acute coronary syndrome
Purpose
Education/Guidance
Inclusion/Exclusion criteria
Inclusion criteria:
The inclusion criteria for patient consisted of diagnosis of ACS by a cardiologist >21 years of age having access to a personal or family mobile phone being able to read and write and being familiar with Farsi The inclusion criteria for patient's family consisted of having access to a third person who can type and read the text messages for them and being able to do the daily activities having access to a personal or family mobile phone being able to read and write and being familiar with Farsi
Exclusion criteria:
The exclusion criteria for patient included changing their mobile phone number and not informing the researcher having any recognized mental illness or intellectual disabilities and motor encountering physical and mental problems resulting in disability at any stage of the research The exclusion criteria for patient's family included Disability and old age Unfamiliar with the Persian language in reading and writing The lack of a proper relationship with the patient
Age
From **21 years** old
Gender
Both

Phase
N/A
Groups that have been masked

- Participant
- Investigator

Sample size
Target sample size: **96**
Randomization (investigator's opinion)
Randomized
Randomization description
First, we will create two groups A and B, which will be controlled by Group B and intervention group A. The allocation of people to the two groups is a permuted random block method and we will have two blocks that are homogeneous within each of the confounding variables, such as age and gender, and in each block, randomly (using a random number table) People are assigned to groups A and B. The allocation of people is double blind, that is, neither the allocator nor the patient knows how to allocate people. The randomized block random block table is given below: A B B A A B B B A A B B A A B A B B B B A A B B A A B B B A A A A B A A B B A B B A A A B A A B B A B B A A B B A A B A A B B A B B A A A B B A A B B A A A A B

Blinding (investigator's opinion)
Double blinded
Blinding description
The allocation of people is double blind, that is, neither the allocator nor the patient knows how to allocate people.In this way, the list is given to one who is not aware of status A and B, and then each patient entered into the study is allocated according to the table and is assigned respectively A and B.
Placebo
Not used
Assignment
Parallel
Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics Committee Kerman University of Medical Sciences
Street address
Kerman, the beginning of the Compus University of Medical Sciences, beginning around Seven Gardens Alavi, kerman Boulevard Haft Bagh Alavi, Medical Sciences Campus Kerman
City
Kerman
Province
Kerman
Postal code
7616913555
Approval date
2018-11-21, 1397/08/30
Ethics committee reference number
IR.KMU.REC.1397.308

Health conditions studied

1

Description of health condition studied
acute coronary syndrome
ICD-10 code
I24.8
ICD-10 code description
Other forms of acute ischemic heart disease

Primary outcomes

1

Description
Lifestyle
Timepoint
Before and three months after intervention
Method of measurement
Walker Life Style questionnaire

2

Description
Happiness
Timepoint
Before and three months after intervention
Method of measurement
Oxford Happiness questionnaire

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: 96 patients simple randomly divided into control and intervention group.First, Walker's Life Style and Oxford Happiness questionnaire will be completed.in addition to receiving routine training during discharge, is sent to a group's internal social network and textual and visual messages.
Category
Lifestyle

2

Description
control group :The control group only receives routine training during discharge.
Category
Lifestyle

Recruitment centers

1

Recruitment center
Name of recruitment center
Afshar hospital
Full name of responsible person
Fahimeh Shojae Far
Street address
Jomhori Blvd, Afshar hospital
City
Yazd
Province
Yazd
Postal code
8917945556
Phone
+98 35 3525 5011
Email
afsharhospital@ssu.ac.ir

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Dr.Abbas Pardakhty
Street address
Compus University of Medical Sciences rdens Alavi, Research Management,St.Ibn Sina,Tahmasebabad Crossroads
City
Kerman
Province
Kerman
Postal code
7616913555
Phone
+98 34 3226 5583
Fax
+98 34 3226 3857
Email
abpardakhty@kmu.ac.ir
Web page address
htt://vcrt.kmu.ac.ir
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kerman University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Fahimeh Shojae Far
Position
Master of Medical Surgery Student
Latest degree

Master
Other areas of specialty/work
Nursery
Street address
Faculty of Medicine, Razi Nursing and Midwifery Faculty Primary Highway of Al-Awat Garden
City
kerman
Province
Kerman
Postal code
7616913555
Phone
+98 35 3825 5269
Email
fahimehshojaefar@yahoo.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Esmat Nuhi
Position
Associate professor
Latest degree
Ph.D.
Other areas of specialty/work
Nursery
Street address
7 Bagh Allavi Blvd, Kerman University of Medical Sciences
City
kerman
Province
Kerman
Postal code
7616913555
Phone
+98 34 3132 5700
Email
e_nuhi@kmu.ac.ir

Person responsible for updating data

Contact
Name of organization / entity
Kerman University of Medical Sciences
Full name of responsible person
Fahimeh Shojae Far
Position
Master of Medical Surgery Student
Latest degree
Master
Other areas of specialty/work
Nursery
Street address
Faculty of Medicine, Razi Nursing and Midwifery Faculty Primary Highway of Al-Awat Garden
City
kerman
Province
Kerman
Postal code
7616913555
Phone
+98 35 3825 5269
Email
fahimehshojaefar@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
No - There is not a plan to make this available
Statistical Analysis Plan
No - There is not a plan to make this available
Informed Consent Form
No - There is not a plan to make this available
Clinical Study Report
No - There is not a plan to make this available
Analytic Code
No - There is not a plan to make this available
Data Dictionary
No - There is not a plan to make this available
Title and more details about the data/document
patient with acute coronary syndrome
When the data will become available and for how long
starting 9 months after publication
To whom data/document is available
available for people working in academic institutions
Under which criteria data/document could be used
nursing student and professors
From where data/document is obtainable
email addresses
What processes are involved for a request to access data/document
At least two weeks
Comments